



UCOOK

Ambrosial Ricotta Ravioli

with spinach, sun-dried tomato & basil

Flavourful spinach & ricotta ravioli, rounded off with fresh zesty ricotta and fresh basil – flavours that you just can't beat. The trick of this dish is to cook the aubergine to perfection, the rest just rolls out from there.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: David Higgs

 Veggie

 Leopard's Leap | Chenin Blanc

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Ingredients & Prep

250g	Aubergine <i>cut into bite-sized chunks</i>
4g	Fresh Basil <i>rinsed & picked</i>
50g	Ricotta
1	Lemon <i>½ zested & cut into wedges</i>
175g	Spinach & Ricotta Ravioli
20g	Green Leaves <i>rinsed</i>
10g	Sunflower Seeds
25g	Sun-dried Tomatoes <i>roughly chopped</i>
5ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. AWESOME AUBS Preheat the oven to 200°C. Place the aubergine chunks on a roasting tray, coat in oil, season and evenly spread out, skin-side down. Roast in the hot oven for 15-20 minutes, shifting occasionally, until soft.

2. LEMON-BASIL RICOTTA Bring a pot (for the ravioli) of salted water to the boil. Roughly tear ½ of the picked basil leaves. Combine the ricotta with lemon zest – to taste, the torn basil, a drizzle of oil, and season. When the aubergine has 10 minutes to go, toss ½ the lemon-basil ricotta through the aubergine and return to the oven. This will help caramelise and give the ricotta a slightly smoky taste.

3. BOILED & DRESSED When the water is boiling, cook the ravioli for 2-3 minutes until al dente. Drain on completion. Gently toss through some oil to prevent sticking. Set aside. Place the rinsed green leaves in a bowl and toss with a drizzle of oil and seasoning.

4. TOASTING Place a pan (large enough for the ravioli) over a medium heat with the sunflower seeds. Toast for 3-5 minutes until golden. Remove from the pan and set aside to cool.

5. CRISP FINISH When the ravioli is done, return the pan to a medium-high heat with 30g of butter and a drizzle of oil. When the butter foams, add some lemon juice (to taste), and the ravioli in a single layer for 2-3 minutes per side, until golden, gently shaking the pan regularly to prevent sticking. Add the roasted ricotta-aubergine, the remaining fresh ricotta, and the chopped sun-dried tomatoes. Toss to combine and season to taste.

6. RAVISHING RAVIOLI Dish up the ravioli. Top with the remaining basil. Side with the green leaves. Garnish with the toasted sunflower seeds. Drizzle over some balsamic glaze. There you have it!

Nutritional Information

Per 100g

Energy	555kJ
Energy	133kcal
Protein	5.2g
Carbs	17g
of which sugars	5.4g
Fibre	3.5g
Fat	5g
of which saturated	1.9g
Sodium	156mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days